



☐ PREGNANCY (trimester)
☐ 1st ☐ 2nd ☐ 3rd

☐ Breastfeeding

☐ Normal Status
☐ 24 years & younger
☐ 25 years & older

DATE

Describe the form of each food: raw or cooked; and how prepared: fresh, canned or frozen; fried, baked, boiled or steamed.

AMOUNT
EATEN

Other Foods

ca

FOOD GUIDE FOR WOMEN

NUTRIENTS PROVIDED	1 SERVING PORTION	NUTRIENTS PROVIDED	1 SERVING PORTION
Protein, iron, riboflavin, niacin, vitamins B ₆ and B ₁₂ , phosphorus and zinc	MEAT & MEAT ALTERNATES	Vitamin C Fresh, frozen or canned forms may be used, although vitamin C content of canned product is lower. Some foods normally considered to be an *excellent source may not be listed due to the large serving size required.	VITAMIN C FOODS
	Meat, fish, poultry or game, 2 oz. Canned tuna or salmon, ½ cup Eggs, 2 Liver, 2 oz. Hot dogs, 2 Luncheon meats, 2 oz.		Juices orange, grapefruit, ¾ cup; fruit juices enriched with vitamin C, ¾ cup Fruits cantaloupe, ½ cup strawberries, ½ cup grapefruit, ½ tangerines, 2 small orange, 1 medium Vegetables Broccoli, raw or cooked, ½ cup cauliflower, raw or cooked, ½ cup peppers, green or red, ½ cup tomatoes, 1 medium brussels sprouts, ½ cup
Protein, iron, thiamin, folate, zinc, phosphorus, magnesium, vitamins B ₆ and E	Peanut butter, 4 tbsp. Nuts, ½ cup Dried beans, peas and lentils cooked, 1 cup		
Calcium, vitamin D, riboflavin, protein, vitamins A, E, B ₆ & B ₁₂ ; and magnesium For some people, milk and milk products serve as primary sources of protein in the diet.	MILK AND MILK PRODUCTS	*Excellent or high source of folate. Also contains: vitamins A, E and B ₆ , riboflavin, iron and magnesium	DARK GREEN
	Whole, 2%, skim, 1 cup Reconstituted nonfat dry or reconstituted evaporated milk, 1 cup Buttermilk, 1 cup Natural Cheese, 1 ½ oz. Cheese spread, 2 oz. Cottage cheese, creamed, 2 cups Cream soup made with milk, 1 ½ cups Ice cream, 1 ½ cups Pudding & custard made with milk, 1 cup Yogurt, 1 cup		1 cup raw or / cup cooked; asparagus, brussels sprouts, greens, such as: spinach, beet, mustard and turnip
Thiamin, niacin, riboflavin, iron and phosphorous Whenever possible, choose whole grain items such as whole wheat bread, oatmeal, shredded wheat, granola. These products provide more magnesium, zinc, fiber, folate and vitamin B ₆ and vitamin E	BREADS AND CEREALS	Vitamin A, E & B vitamins, magnesium and phosphorous	OTHER FRUITS & VEGETABLES
	Whole wheat and enriched bread, 1 slice Hot cereals, ½ cup Ready-to-eat cereals, ¾ cup Macaroni, noodles, spaghetti, cooked, ½ cup Rice cooked, ½ cup Cornbread, 1 piece (2" square) Roll, muffin, biscuit, 1 Crackers, 5 Tortillas, 1 Hamburger or hot dog bun, ½ Bagel or English Muffin, ½		½ cup servings includes all other fruits & vegetables The following are excellent sources of vitamin A; carrots, pumpkin, sweet potatoes, winter squash and greens.
		Calories, essential fatty acids and vitamin E. Whenever possible, choose products made with corn, cottonseed, safflower, soy or sunflower oil.	FATS AND OILS – Use in moderation
		High calorie, low nutrient containing foods	OTHER FOODS
			Margarine, butter, oil, 1 tsp. Salad dressing, cream cheese, 1 tbsp. Sour cream, heavy cream, 1 tbsp. Bacon, 1 slice Mayonnaise, 1 tsp. Gravy, 1 tbsp. Sugars: cookies, cakes, pastries, jelly, candy, pop Salty: potato chips, corn chips, salt pork, pretzels, etc.

By eating the suggested number of servings listed on the front of the form, minimum caloric needs would be provided for each category. The plan can be adjusted to meet the caloric need variations of the individual. Additional calories can be provided by increasing the number of servings from any of the food groups, although extra servings from the bread, cereal and fruit/vegetable groups are recommended.

It is recommended that alcoholic beverages not be consumed during pregnancy and lactation.

*Excellent Source = ≥ 50% Reference Daily Intake. High Source = ≥ 20% Reference Daily Intake.

COMMENTS:
